

NH Fruit & Veggie News

Promoting fruits and vegetables for optimal health in New Hampshire



What Works?

Adopting a nutrition intervention because it's been done before (by you or others) may not render the results you seek. The Centers for Disease Control and Prevention (CDC) recommends interventions that are *evidence-based*, that have a proven track record. The highest level of evidence is based on research studies that use a randomized control trial design.

The Community Guide

The trusted resource for public health evidence-based practices is *The Community Guide of Public Health Practices*, better known as *The Community Guide*. It assigns one of three ratings to interventions:

- Recommended
- Insufficient evidence
- Recommended against

The Guide's nutrition section indicates that school-based nutrition programs need more research to determine their effectiveness. That rating is based on a review of 41 studies. For details, visit www.thecommunityguide.org.

Promising Practices

When randomized control trials are not available, *promising practices* are the next place to look. A good reference for promising practices is the CDC's *Nutrition, Physical Activity and Obesity Program Technical Assistance Manual*. www.cdc.gov/nccdphp/dnpa/obesity/pdf/TA_Manual_1_31_08.pdf

Multi-Component Interventions

Multi-component interventions (MCI) are one of the key promising practices for increasing fruit and vegetable consumption in schools, childcare settings, worksites, faith-based organizations, and health care settings. See the next story on this page for details about MCI in schools.

Multi-Component Interventions in Schools

CDC cites school MCI as a promising practice for increasing fruit and vegetable consumption. School-based fruit and vegetable MCI offer varied strategies that work together to achieve their goal, increased fruit and veggie intake among students, families, faculty and staff. "Multi-component" does not mean addressing multiple health behaviors (e.g. tobacco use and physical activity.)



Examples of School Interventions

- **Self-assessment of the school** such as CDC's *School Health Index* <https://apps.nccd.cdc.gov/shi/default.aspx>.
- **Curricula with interactive learning** such as school gardens, food preparation, and taste testing.
- **Parental involvement** especially for parents of young students.
- **Information** such as recipes, purchase and preparation tips, and short family assignments.
- **Training for school food service staff** on the purchase, preparation, and promotion of fruits and vegetables.
- **Training for faculty** such as nutrition education and ways to integrate fruit and veggie messaging into existing curricula. Integration ideas can be found in [Fruits and Veggies Across the Curriculum](#). (See page 3.)
- **Policies** such as a school or classroom snack policy that promotes single-ingredient snacks; or a school policy that specifies what foods are sold in the school store, vending machines, and at school games/events, and, when those foods are sold.

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True or False? Test your fruit and veggie IQ.



Eating fruits and vegetables everyday as part of a healthy diet can help you fight disease.

T A good source of many essential vitamins and minerals, fruits and vegetables are important to promoting good health. Research consistently shows that compared with people who consume a diet with only small amounts of fruits and vegetables, those who eat more generous amounts as part of a healthful diet* are likely to have reduced risk of chronic diseases, including stroke, type 2 diabetes, certain cancers, and perhaps heart disease and high blood pressure.

Most people do not eat enough fruits and vegetables for good health.

T Despite the many health benefits, most Americans do not consume enough fruit and vegetables every day. Are you meeting your needs? Visit www.fruitsandveggiesmatter.gov to see how many cups you need each day.

Green vegetables are the most nutritious.

F No one food contains all the nutrients your body needs. To get a healthy variety, think color. Eating fruits and vegetables of different colors, including plenty of dark green vegetables, gives your body a wide range of nutrients, like fiber, folate, potassium, and vitamins A and C.



Fresh, frozen, canned, and dried varieties of fruits and vegetables all count toward your daily recommendation.

T No matter what the form — fresh, frozen, canned, dried, juice — all varieties of fruits and vegetables count toward your daily recommendation. Choose fruits without added sugar or syrups and vegetables without added salt, butter, or cream sauces. Although 100% fruit or vegetable juice counts toward your daily recommendation, the majority of the total daily amount of fruits and vegetables should come from whole fruits and vegetables to help you get enough fiber.

Fruits and vegetables can play a role in weight management.

T Besides having vitamins and minerals that can help protect your health, many fruits and vegetables are lower in calories and higher in fiber than other foods. Studies have shown that when people eat more low-calorie foods, they naturally eat fewer high-calorie foods. That's because people tend to eat similar amounts of food even when the calories in the food vary. As part of a healthy diet, eating fruits and vegetables instead of high-fat foods may make it easier to control your weight.

Fruits and vegetables are always more expensive than other foods.

F The USDA analyzed the prices of 154 different forms of fruits and vegetables and found that more than half cost less than 25 cents per serving. Compared to a candy bar, soda, or snack grab bag, fruits and veggies are a bargain. *Based on 1999 A.C. Nielson Homescan data.*

Preparing fruits and vegetables always takes too much time.

F With so many varieties to choose from, it's easier than ever to eat more fruits and vegetables. Look for simple recipes that take only minutes to prepare. See reverse side for three great options. Or try whole fruits and vegetables. There are many varieties you can just rinse and eat.

* In addition to fruits and vegetables, a healthy diet also includes whole grains, fat-free or low-fat milk products, lean meats, fish, beans, eggs and nuts, and is low in saturated fats, *trans* fats, cholesterol, salt, and added sugars. A healthy diet also means staying within your daily calorie needs.



Fruit and Veggie Video Center



Do you know how to choose a melon? Do you know how to properly store fruits and veggies? Are you looking for tasty new ways to use fresh, canned or dried fruits and veggies? [The Fruits & Veggies—More Matters® Video Center](#) offers 275 videos featuring produce celebrity Michael Marks. The videos run less than two minutes and demonstrate fast, healthy recipes and tips. The NH Fruit and Vegetable Program (NHFVP) website links to the Video Center. Visit the NHFVP website at www.dhhs.nh.gov/DHHS/NHP.

Fruit and Veggie Fact Sheets from CDC



The Centers for Disease Control and Prevention offer a variety of free 2-page fact sheets on their website. The fact sheet titles include:

- [Eat More Fruits and Veggies](#) provides tips for saving time and money along with three recipes.
- [Encourage Kids to Eat More Fruits & Veggies](#) includes three recipes, "10 ways," and discussions of safety, color, smell, and texture.
- [Entertain the Fruit and Veggie Way](#) offers menu ideas and three recipes.
- [Fruits & Veggies on the Go](#) provides menu ideas plus three "grab and go" recipes.
- [True or False? Test Your Fruit and Veggie IQ](#) See first page of this fact sheet on page 2 of this newsletter; the second page has three recipes.
- [Your Questions Answered](#) focuses on fruit and veggie storage information.

To view all the fact sheets, go to: www.fruitsandveggiesmatter.gov/publications

Order Form

Bulk Color Publications for NH programs only (single copies for others)

- _____ Get more...because more matters (accordion brochure)
- _____ "More Peas, Please!" (for parents of young children)
- _____ "¡Más guisantes, por favor!" (for parents of young children)
- _____ Three Simple Steps to Eating More Fruits and Vegetables (easy-to-read fact sheet) Available in Spanish.

Color Publications – Single copies only

- ☐ PBH 2008 Nutrition Education Catalog (34-pages)
- ☐ How Many Fruits and Vegetables Do You Need? (12-pages)
- ☐ Choose Smart – Choose Healthy (8-page brochure for women of African descent)
- ☐ How to Use Fruits and Vegetables to Help Manage Your Weight (8-page brochure) Available in Spanish.
- ☐ Why Do Fruits and Vegetables Matter to Men? (8-page brochure for men of African descent)

Ready-to-Copy Materials – Single copies only

- ☐ Explore the World with Fruits & Veggies
- ☐ Knock! Knock! Bookmarks (60 jokes)
- ☐ It's an election year . . . run a produce campaign!
- ☐ Worksite Fact Sheet Series (Color, Cooking, Eating Away from Home, Weight, Sustaining Behavior Change)

Programming Ideas – Single copies only

- ☐ Fruits and Veggies Across the Curriculum

For more ready-to-copy fact sheets, visit us online at www.dhhs.nh.gov/DHHS/NHP/fruitsandveggies

Fax (603-271-4160) or mail this form to:
Fruit and Vegetable Program, 29 Hazen Dr, Concord, NH 03301

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National Fruit and Vegetable Alliance

- American Cancer Society
- American Diabetes Association
- American Heart Association
- California Department of Health Services
- Centers for Disease Control and Prevention
- Culinary Institute of America
- National Alliance for Nutrition and Activity
- National Cancer Institute
- National Council of Fruit and Vegetable Nutrition Coordinators
- Produce for Better Health Foundation
- Produce Marketing Association
- United Fresh Produce Association
- US Department of Agriculture

Quick Tip!



Tired of throwing away fruits and veggies because they spoiled? Plan to eat your fresh fruits and veggies a day or two after shopping. Save the canned, frozen and dried items for later in the week.

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Division of Public Health Services
Nutrition and Health Promotion
Fruit and Vegetable Program
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Bow Tie Pasta with Roasted Garlic and Eggplant

Serves 6 (1 cup veggies per person)

From <http://www.fruitsandveggiesmatter.gov/>

- 12 ounces bow tie pasta, uncooked
- 2 tablespoons fresh parsley (or 1 tablespoon dried parsley)
- 4 tablespoons olive oil
- ½ cup balsamic vinegar
- ¼ teaspoon dried oregano
- ½ teaspoon ground pepper
- 6 cups eggplant, peeled and cut into 1-inch cubes
- 3 cups chopped tomato (about 3 medium tomatoes)
- 1 bulb garlic
- ¼ cup grated Parmesan cheese



Roast the garlic: [This takes an hour and can be done the night before.](#)

- Preheat oven to 375°. Cut off the pointy tip of the garlic head to expose the garlic cloves inside. Wrap in foil.
- Bake 1 hour or until very soft.
- Unwrap and allow garlic to cool. To use the garlic, squeeze each clove toward the cut end to collect the soft flesh.

Marinate and roast the eggplant

- In medium bowl, mix 3 tablespoons olive oil, vinegar, oregano, pepper, and eggplant.
- Marinate in the refrigerator for 1 hour.
- Place eggplant mixture, with liquid, in a baking pan.
- Bake in a preheated 425°F oven for 25 minutes. Stir every 5 to 6 minutes.

Meanwhile, cook the pasta, tomatoes and garlic

- Cook pasta in a pot of boiling water according to the package instructions. Drain pasta and divide among 6 serving plates.
- About 10 minutes before eggplant is completely cooked, heat 1 tablespoon olive oil in a skillet. Add tomatoes and roasted garlic. Sauté 5 minutes.

Assemble the plates

- Top the pasta with roasted eggplant; then, tomato-garlic mixture; and finally, with parsley. Serve immediately sprinkled with Parmesan cheese

Nutrition Facts Serving size: 1/6 of recipe. 370 calories; 11g fat; 2g saturated fat; 5mg cholesterol; 58g carbohydrate; 5g dietary fiber; 10g sugars; 11g protein; 65mg sodium; 20% vitamin A; 25% vitamin C; 8% calcium; 15% iron.

Diabetic Exchanges 2 vegetable, 2 fat, 2 carbs.

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